



Heritage Center

The Heritage Center is 55+

December 2014 Supplement

Heritage Center
#10 E. 6150 S.
801-264-2635
www.murray.utah.gov

Accredited by 
National Institute of
Senior Centers

December Updates

- The Center will close at 1:00 on Christmas Eve and 3:00 on New Year's Eve. The Center is closed on Dec. 25, 26 and January 1.
- The regular monthly Bereavement Support has been changed to December 9 at 12:45 for a special "Remembrance" of Center friends and loved ones. Everyone welcome.
- Check the Calendar insert for Program cancellations: No Ceramics the week of December 22 or 29th. NO NIA on December 22. No Line Dancing December 23 or 30. No Chair A'Robics or Pinochle on December 24. No Bridge on December 31.
- The floor is being refinished Dec. 19th so some programs may be moved from dining room to other areas of the building.

Winter Boutique—Friday, December 5

10:00-3:00—Invite Family & Friends to Shop for Unique Gifts

10:15—Sisters Entertain, 11:00—Mixed Nuts Entertain, 12:00 Prime Rib Meal

Advance Tickets needed for Entertainment & Meal—\$7

Utah Symphony String Quartet—Free Performance

Friday, December 12—11:00



Enjoy holiday music with four talented musicians from the Utah Symphony. Lunch will be served anytime between 11:45-12:30 today to accommodate this free performance.

New Year's Eve Celebration—\$6

Join us as we countdown the New Year early on **Wednesday, December 31**. Beginning at 10:00 am we will enjoy a special brunch, play a couple games of bingo (with special holiday prizes), and end things with some great entertainment by Moods N Music, a unique group of fun loving musicians and entertainers who specialize in music from the 40's and 50's. Following the entertainment we will toast the "New Year" with sparkling cider at noon instead of midnight. Cost for this party is **\$6** and includes bingo, entertainment, party favors, and brunch. Register now. Party Hats and Prizes sponsored by Jenkins-Soffe. The Center closes early at 3:00 on December 31.



SAVE THE DATE



Mardi Gras Party — Tuesday, February 17

Watch for more details next month!



December
2014



Heritage Center Events

Heritage
Center

#10 E. 6150 S.

(West of State)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov





We are here to
serve you

Monday-Friday

8:00-4:30 and

Thursday until
10:00 PM

Monday	Tuesday
9:00 NIA 11:00 Bridge Lessons 11:00 Dance Lessons 12:30 Ladies Pool 12:30 Mason Jars/Craft Class 1:00 Movie-The Other Woman (Comedy) 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:00 Exercise Help 12:45 Crafts 2:00 Beginning Line Dancing
9:00 NIA 10:30 Healthy at Every Age 11:00 Bridge Lessons 11:00 Dance Lessons 12:30 Ladies Pool 12:30 Candy Making Class 1:00 Movie-The Giver (Drama/Sci-Fi) 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi/Climbing the Peaks 11:00 Canasta 11:00 Attorney Consult 11:30-12:30 Lunch 12:45 Crafts 1:00 Holiday Craft 12:45 Remember Loved Ones 2:00 Beginning Line Dancing
9:00 NIA 9:30 AARP Smart Driving Class 10:30 Pen Pal Celebration 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie-Hercules (Action) 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:00 Medicare Counseling 12:45 Crafts 2:00 Beginning Line Dancing 4:00 Festival of Lights
9:00 NO NIA 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie-Dawn of Planet of Apes 2:00 Strength Conditioning	8:30 No Ceramics 9:00 Stretch/Haircuts 9:30 No Line Dancing 10:30 Tai Chi 10:30 Vital Aging Mindfulness&Relaxation 11:00 Canasta 11:30-12:30 Lunch 12:45 Crafts 2:00 No Beginning Line Dancing
9:00 NIA 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie-Guardians of the Galaxy 2:00 Strength Conditioning	8:30 No Ceramics 9:00 Stretch/Haircuts 9:30 NO Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:45 Crafts 2:00 NO Beginning Line Dancing

Wednesday	Thursday	Friday
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Birthday Lunch 12:45 Bingo 1:00 Bridge	8:30 Ceramics 9:00 Stretch/Pickleball 10:30 Tai Chi 11:00 Blood Pressure/Glucose 11:30-12:30 Lunch 12:00 Exercise Help 12:30 Game Day/Happy Hatters 1:00 Square Dance/ 2:00 Strength 4:00 Festival of Lights 7:00 Dance/Poetry	 Winter Boutique  10:00-3:00 Invite Family & Friends to shop Ticket needed for Meal & Music Additional programs held today include: Spanish 10:00, Massage 11:45, Bingo 1:00, Bridge 1:00
9:00 Painting 9:00 Tooele Breakfast 9:15 Pinochle 10:00 Yoga 10:30 Car Safety 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	8:30 Ceramics 9:00 Stretch & Tone/Pickelball 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day 1:00 Square Dance 2:00 Strength Conditioning 3:30 Jam Session 7:00 Dance/ UTE Radio/Poetry	9:00 Zumba 10:00 Yoga 10:00 Spanish 11:00 Utah Symphony Quartet 11:15 Chair A'Robics 11:45-12:30 *Lunch late today 11:45 Massage 12:45 Bingo 1:00 Bridge
9:00 No Painting 9:15 Pinochle 10:00 Yoga 10:30 Hanukkah Presentation 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 9:30 Podiatrist 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day/Happy Hatters 1:00 Square Dance 2:00 Strength Conditioning 7:00 Dance	9:00 Zumba 10:00 Yoga 10:00 Spanish 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge
9:00 No Painting 9:15 No Pinochle 10:00 Yoga 10:00 Bingo early today! 11:00 Christmas Sing Along 11:15 No Chair A'Robics 11:30-12:00 Lunch stops serving at noon today. 1:00 CENTER CLOSES EARLY	Center Closed 	Center Closed 
9:00 No Painting 9:15 Pinochle 10:00 Yoga 10:00 New Year Eve Party 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge 3:00 CENTER CLOSES EARLY	 <div> <p>The new 14 passenger bus will be arriving late January and the Center is looking for possible volunteer drivers for pick up service to and from the Center and possible day trips. If you are interested in volunteering, see Susan for more information.</p> </div>	

Program Reminders

Recreation

Jam Session Thurs, Dec 11 at 3:30.
Square Dance on Thursdays at 1:00.

Services

Attorney on Tue, Dec 9 at 11:00.
Podiatrist on Thurs, Dec 18 at 9:30.
Blood Pressure and Glucose checks on Thursday, December 4 at 11:00.
Barbershop every Tuesday morning.
Massage Therapy Friday afternoons.
Computer Help on Tuesdays or Thursdays — call for appointment.

Trips

Light Trips on December 4 & 16 are booked. Tooele Breakfast on Wed, Dec 10 at 9:00. Wendover on Thurs, Jan 15 at 8:30.

Classes

Poetry on Thurs, Dec 4 & 11 at 7:00.
Healthy at Every Age on Mon, Dec 8 at 10:30.
Climbing The Peaks on Tue, Dec 9 at 10:30.
Remembering Loved Ones on Tue, Dec 9 at 12:45.
Holiday Craft on Tue, Dec 9 at 1:00.
Car Safety on Wed, Dec 10 at 10:30.
Wilds of Glacier Bay — **Cancelled**. Watch for January presentations.
Smart Driving on Mon, Dec 15 from 9:30 to 2:30.
Medicare Counseling on Tue, Dec 16 at 12:00.
Hanukkah Presentation on Wed, Dec 17 at 10:30.
Vital Aging: Mindfulness & Relaxation on Tue, Dec 23 at 10:30.
Exercise every day — check the front desk for a schedule of classes.

HELP! Heritage Ambassadors Needed



Are you willing to volunteer for six months? The Center is looking for Heritage Ambassadors to go out into the community and tell businesses about the Center. An organizational meeting is planned for **Wed., Dec. 10 at 12:30**. Come and find out what is needed and what you would be committing to do for six months next year. See Susan Gregory or Kathy Houston for more information or come to the meeting.

Bingo & Sing Along on Christmas Eve

Because the Center will close at 1:00 on Christmas Eve (**Wed., Dec. 24**), a short bingo has been scheduled before lunch at 10:00 am. The Christmas sing along scheduled for December 19 has been changed to be held on **Christmas Eve at 11:00**. Lunch will follow and will be served from 11:30-12:00 noon. Serving will not be available as usual until 12:30 but will stop at 12:00 so the Center can close at 1:00. We hope you will spend Christmas Eve morning with us.

Remembering Loved Ones—Tues, Dec 9—12:45

Remember your loved ones at a memorial celebration on **Tuesday, December 9 at 12:30**. If you have lost a loved one or Heritage Center friend, come and celebrate their memory with us. Take this opportunity to share their stories and enjoy refreshments and music as you remember and celebrate their lives. Sometimes, thoughts of lost loved ones can be very challenging, lonely or overwhelming especially during the holiday season. Licensed counselors and community educators from Serenity Funeral Homes will sponsor this celebration. Bring a photo or remembrance if you'd like. Free, sign up now.



Hanukkah Presentation—Wed, Dec 17

On **Wednesday, December 17 at 10:30**, Betty Yanowitz from Congregation Kol Ami Synagogue will be at the Center to present information about the celebration of Hanukkah, the annual Jewish celebration filled with lots of fun and fervor. Some of the important traditions of Hanukkah include the lighting of the Menorah, songs, prayers, and the giving of small gifts to children. Betty will bring with her some Dreidels, a traditional Hanukkah toy. Come and learn about Jewish culture and tradition in this free class. The Kitchen will prepare some Latkes, a traditional food only eaten during Hanukkah for all to sample. Free class, sign up now.

Car Safety — Wednesday, December 10 at 10:30

On **Wednesday, December 10 at 10:30** a representative from Murray City Fleet Department will be at the Center to give tips on winter car safety. Learning to winterize your vehicle is important and outfitting your car with the proper winter gear may save your life in an emergency. Learn how to protect your car and yourself. Free class, sign up now.

December 2014—Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a *special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option. Prices range from \$2.00 - \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
NO LUNCH	CORN CHOWDER ½ Sandwich Fruit Pavlova	BAKED CHICKEN PESTO Roasted Potatoes Veggies Birthday Cake & Ice Cream	MEATLOAF Mashed Potatoes and Gravy Peas Pineapple Cake	*HOLIDAY \$7 Prime Rib or Chicken, Potato Gratin, Veggies, Tortellini & Spinach Salad, Roll, Chocolate Cake, OR Cheesecake, Punch
8	9	10	11	12
NO LUNCH	BREADED PORK CHOP Potato Casserole Green Beans Mint Chocolate Chip Cookie	STUFFED PEPPERS Green Salad Peach Cobbler	GREEK CHICKEN WITH YOGURT SAUCE Lemon Rice Greek Salad Rice Pudding	LEMON DILL SALMON Baked Potato Broccoli Blueberry Cobbler
15	16	17	18	19
NO LUNCH	CHICKEN IN BASIL CREAM SAUCE Penne Pasta Roasted Veggies Twix Cheesecake Pie	TORTILLA SOUP Quesadilla Wedge Salad Tres Leches Cake	FISH TACOS Street Corn Salad Oreo Cake	POT ROAST Mashed Potatoes and Gravy Veggies Chocolate Mousse
22	23	24	25	26
NO LUNCH	CHICKEN NOODLE SOUP ½ Sandwich Fruit Brownie Cookie	HONEY MUSTARD CHICKEN Rice Pilaf Brussels Sprouts Apple Toffee Blondie	CLOSED 	CLOSED
29	30	New Year's Eve 31		
NO LUNCH	SWEDISH MEATBALLS Rice Veggies Pistachio Cake	*BRUNCH \$6 Croissant Croque Monsieur (warm Ham & Cheese), Berry Spinach Salad, Potato Hash, Cinnamon Roll		